

# Mental Health and Human Resilience

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**Introduction:** The Great East Japan Earthquake in 2011 caused unprecedented damage, forcing victims to live in evacuation areas for an extended time until now. Understanding the psychological stresses experienced by evacuees and their will (resilience) to cope with numerous hardships that accompany the changes in the living environment is essential to provide continuous long-term support in the future.

**Objective:** This study aimed to understand the resilience and its related factors of disaster victims who live for an extended time in evacuation areas, five years after the Great East Japan earthquake.

**Methods:** A questionnaire-based survey was conducted in 2016, five years after the earthquake. Connor-Davidson Resilience Scale (CD-RISC 10) was used as the resilience scale. The questionnaire consisted of mental health